

## Abstract

[An] A cylinder shaped apparatus used for massaging a person's[back by themselves] body parts.  
 [By laying your] The user lays back over the[cylinder shaped] Body Massage Cylinder Apparatus  
 [(Massage Tube)] in a horizontal position parallel to the ground and knees bent. [You] The user slides  
 [your] his/her body back and forth over the [Massage Tube] apparatus with the use of [your] his/her legs.  
 The ribbed and semi-pointed surfaces coupled with the weight of [your] the users body and sliding motion  
 massages the [muscles and] associated areas in the back [and neck] , however not limited to the back [and  
 neck] , many other body areas may be massaged. [A key element of this] The apparatus [is] has the ability  
to adjust the height and pressure by an inlet air valve located on the side. This allows the apparatus to adapt  
 to the users body shape and comfort level by adding or releasing air. The unique uni-body constructed  
cylinder design and proper height off the ground are[is the] key elements of the invention [helping  
 ]stabilizing [and balance] the user during massaging, exercising and stretching.